



**30 Days to Amazing Health: Holistic Living and
Practical Steps to Obtain the Healthiest Life
Possible (The Healthiest Lifestyle Possible: Natural
Therapies, ... Remedies, Alternative Medicine Book**

1)

Andrea Silver

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30 Days to Amazing Health: Holistic Living and Practical Steps to Obtain the Healthiest Life Possible (The Healthiest Lifestyle Possible: Natural Therapies, ... Remedies, Alternative Medicine Book 1)

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ARE YOU READY TO COMPLETELY CHANGE YOUR LIFE AND OBTAIN THE HEALTHIEST, HAPPIEST LIFE POSSIBLE?

*****LIMITED TIME PRICE*** Secure 2.99 price BEFORE SALE ENDS... Available immediately on your web browser *a Kindle device is not needed***

My name is Andrea and it is my job to make sure YOU live **the healthiest life possible** so that you can enjoy every moment you have on this planet without wasting your time, losing your energy, or falling into a negative, downward spiral. Come with me now and let's take this journey together.

Are you tired of...

- Constant low energy levels?
- Poor performance at work? Intermittent bouts of depression?
- Periodic weight gain?
- The feeling of being in a downward spiral in your life, health and career that just keeps getting worse?
- Confusion about what exercises to perform at the gym to boost mood, energy levels and burn calories?

30 Days to Amazing Health is a month-long program to revitalize your health and wellness, using a combination of **holistic healing** ideas, **exercise techniques** and **cutting edge dietary principles** so that you can pull your life, health, and desires in life to the forefront with powerful new strategies from a veteran life and fitness coach.

The foundation of **30 Days** is the concept of negative and positive vortices. What causes people's lives to enter "downward spirals"? This is what we have to avoid in life, and whether through **meditation techniques**, positive psychology, or simply disciplining yourself to get out of bed and get active, the secret to leading a healthy life involves making sure that you stay in an upward momentum. Do you know how to do this? It's one of the keys to a life of vitality versus a life of despair, so you cannot neglect this – it's even more important than exercise and nutrition!

By combining topics: from meditation, to the **raw food diet**, to anaerobic exercise, to understanding how we think on a day-to-day basis, this is hopefully the ultimate action-plan for anyone who wants to turn their life around.

It's time to implement a program that sees the **BIG PICTURE** – how to become healthy takes an action plan that incorporate **MIND** and **BODY**. I am going to teach you how.

Some of the topics you will learn about:

- How negative vortices may be keeping you unhealthy.
- A simple holistic technique (getting back in touch with nature) to revitalize yourself.
- The importance of B vitamins and folic acid, and reintroducing them into your diet.
- Diet plans and how to overhaul your diet.
- How to recover from years of bad eating habits.
- The benefits of the **raw food diet** and how to get started on one.
- The essential fruits and vegetables for a raw food diet.
- Extremely important **exercise motivation** to help you get started on the ultimate fitness plan.
- The importance of anaerobic exercise and why it's probably the best choice for your life.
- An in-depth tutorial of anaerobic exercises you can perform at the gym or at home.
- How negative thinking is keeping you unhealthy and an action plan to overcome such thoughts.
- The amazing power of the placebo and nocebo effects.
- The secrets to succeed at your health goals and the types of inner-personalities we have.
- And a Lot More

Download a Copy Today! Let's begin working together. For the price of a cup of coffee I am offering myself as your coach, and I'm always available for personal help by e-mail, as well!

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